

# **NUTRITION AND PHYSICAL ACTIVITY TO PREVENT OBESITY PROGRAM**

Arizona Department of Health Services  
*Elementary School Workgroup Summary*  
May 20, 2004

## **Welcome by ADHS**

The purpose of this first workgroup meeting was to start vision and strategy development for the comprehensive state plan to reduce obesity and chronic disease through physical activity and nutrition interventions. The groups will meet once a month for 3 hours at ADHS through August (possibly September). A draft of the plan will be completed by September 2004 with community forums following for a completion of the plan by January 2005. We plan a kick-off of the plan in February.

All workgroups received background reading for this meeting as well as additional reading in their perspective areas for the next meeting. *If you did not attend the first meeting, you can get the materials at the meeting session.*

Each workgroup has a program staff liaison. The liaison will be the contact for each of their groups regarding questions or concerns and will be leading the group along with our facilitator. Liaisons for workgroups are listed below:

Emily Augustine, CHES - Physical Environmental, Worksite, Special Needs  
Lisa DeMarie, MA - Elementary School, Junior/Senior High School, Family  
Rena Cunnien, Ph.D. – Healthcare, Community

## **PROGRAM VISION:**

To be recognized as the leader in obesity prevention in Arizona, resulting in optimal health for our citizens.

## **PROGRAM MISSION:**

To improve the health and quality of life of Arizona residents by reducing the incidence and severity of chronic disease and obesity through physical activity and nutrition interventions.

## **PROGRAM GOALS:**

1. To promote and enable the citizens of Arizona to eat smart.
2. To promote and enable active lifestyles in Arizona residents.

## **GENERAL GOAL FOR THESE PLANNING WORKGROUPS:**

To assist with the writing of Arizona's comprehensive state plan, including developing strategies and action steps, to reduce chronic disease and obesity through physical activity and nutrition interventions.

There are eight workgroups including:

- Physical Environment
- Worksite
- *Elementary school*
- Junior/Senior High school
- Special Needs
- Family
- Healthcare
- Community

## **Ground Rules**

- Participation
- Speak clearly to be heard
- Appreciate different view points
- Share the “Air Time”
- No blaming
- Don’t Interrupt

## **Definition of *Elementary School* workgroup:**

For the purpose of these workgroups, the Elementary School group population encompasses students in grades k-6<sup>th</sup> grade, teachers, principals, PTAs, school sport programs, before and after school care programs and school food service workers.

This workgroup will work on strategies and action steps for physical activity and nutrition that will positively effect this population and the issues related to this population.

## **Vision of the ideal for reducing/preventing obesity in the Elementary School population:**

1. A school environment where physical activity and nutrition education happen on a daily basis and are normal behaviors for students and staff. A school culture shift: the culture kids live in promotes healthy behaviors, gives opportunities for healthy behaviors, decreases exposure/opportunity to less healthy options. The school curriculum makes healthy eating and physical activity fun – Physical Activity & Nutrition education are integrated into all aspects of the curriculum and make healthy/nutrition concepts part of AIMS and/or NCLB.
2. Transform the school environment so that healthy food is available to allow children to make healthy food choices; school lunch exceeds minimum standards; children have adequate time to eat in inviting lunchroom environment; and schools participate in recess before lunch.

## **Identified strategies**

1. Secure state funding (resources, financial, staff) to allow schools to do the School Health Index (or other assessment tool) so that they can evaluate their school environment:
2. Spearhead grassroots efforts (local), school health councils (teachers, kids, parents, administrators). Convince educators that healthy/active students are high-achieving students. Change the mind set about what is taught at home vs. what is taught in school by getting the administration to value healthy lifestyle applications and include them in the general curriculum: 1 - adopt/change state standards to include health and nutrition concepts; 2- teach standards at every grade; 3- evaluate standards at every grade level.
3. P.E.: Policy Approach – Pilot a Program to make Physical Education a daily requirement, state law/policy in Arizona (try pilot 1<sup>st</sup>).
4. Develop Partnerships: identifying their strengths and available resources (money, food, staff, facility, kids); know your own strengths and how you will add value to their program; don’t eliminate any possibility of a partner – lots of partners are willing to help; get yourself invited, let the partner take credit! Identify, study, and promote model schools. Study and promote model schools, how did they do it? Tell others

5. Eliminate all non-nutritive food advertising to kids in schools.
6. Secure state funds to support healthier choices: labor preparation, kitchen facilities. (Tax on junk food?) Fund fresh entrées.
7. Have common goals/standards for Nutrition and Physical Education for all Arizona School Districts.
8. Evaluation Process: Contact college graduate programs to use student to do studies, including BMI using existing and new tools.

### **Overlaps/Parking lot**

This section is devoted to identifying ideas that were also considered in other workgroups as a primary interest and identifying which groups will focus on them.

Ideas from the Elementary school workgroup that address another workgroup's focus area:

- None determined

Ideas from other workgroups that address the Elementary school's focus area:

- Ideas from Special Needs workgroup
  - Mandatory Physical Education (will be handled by schools but special needs can and should address how to involve this population)
- Ideas from Physical environment workgroups
  - Healthy food – eliminating/reducing junk food
  - Physical activity - mandated daily recess every day, physical education at least two times a week as a requirement
  - Funding to implement and support these ideas
- Ideas from Healthcare workgroups
  - School/work is a place for a visual campaign - At the Point of Purchase, illustrate the nutritional value of fries verses a baked potato
- Ideas from Community workgroups
  - All schools have daily physical education.
  - All schools properly equipped for non-competitive physical activity.